

## **BECOMING POSITIVELY AGELESS**

*by Carmen Montoto, BA*

*Carmen Montoto graduated from the University of Puerto Rico with a bachelor's degree in art history. She has studied TFH kinesiology (level 1), photo reading, and ayurvedic massage. Carmen is an instructor of hado, the science of vibration, a Brain Gym® instructor and consultant, and a TMI OUTREACH facilitator. She has given presentations on Hemi-Sync® and its uses at conferences in Iceland, at the Latin American Health Institute in Boston, at several TMI professional seminars, and in Cuba and Puerto Rico.*

*Carmen has been a TMI professional member since 2001. In collaboration with nine Puerto Rican university students, she initiated a research project on the use of Hemi-Sync to enhance learning. With fellow professional member Jacqueline Mast, PT, MSED, she organized an international conference on special education in Puerto Rico. For the past six years Carmen has facilitated a children's summer theater workshop using METAMUSIC®. She has also developed a program called "Wiring"—"Alambraje" in Spanish—that combines Hemi-Sync, Brain Gym exercises, breathing techniques, positive affirmations, and the arts to increase the learning skills and wellness of children. This system was incorporated in some Puerto Rican schools in 2009. "Wiring" aims to facilitate the flow of information between different areas of the brain through sound and movement and also to reinforce and create new connections between neurons. At least twenty mothers told her that after going to sleep listening to METAMUSIC Cloudscapes, sometimes for just one night, their sons with speech problems started to speak more fluently.*

*Carmen has been a speaker at many events related to autism and attention deficit hyperactivity disorder (ADHD), presenting Hemi-Sync and Brain Gym as useful tools to help children and adults in special education programs. She is also director of Academia MC², a dance school offering yoga and diverse workshops to promote the arts and spiritual development.*

*All participants at TMI's 2008 professional seminar—"Hemi-Sync: Varieties of Experience"—received the POSITIVELY AGELESS album as a gift. Upon returning to Puerto Rico, Carmen gathered a group of friends to experiment with its five exercises. She shares the results of their adventure below.*

One of the many things I like about The Monroe Institute is the vast array of research done by the professional members and the Institute on the application of the Hemi-Sync technology. The spirit of innovation infuses this group and leads to the emergence of new ideas for solving or alleviating human problems. The topics addressed have included birth and death,

maintaining health and dealing with illness, improving sleep, accelerating learning, expanding consciousness, and exploring past lives and other dimensions. In 1997, Vincent C. Giampapa, MD, FACS, one of the first certified antiaging physicians in the world, gave an intriguing professional seminar presentation on a one-person study conducted during *LIFELINE*® with himself as the subject. During the six-day program, various aging biomarkers—including cortisol—were measured with saliva samples. Chronically high cortisol is a major contributor to stress and aging. Dr. Giampapa's cortisol levels decreased (Giampapa 1997). Unfortunately, he never wrote up the results of the case study.

In early 2006, Patty Ray Avalon—TMI professional member and OUTREACH and residential facilitator—was moving into her fifties. She began to notice the typical changes in eyesight, skin texture, hair color, and energy levels. She knew that positive thoughts could affect physical matter and that Hemi-Sync was unparalleled for reducing stress, a major factor in illness and aging. Exercises addressing those two issues could be a fantastic support for aging better. Patty Ray remembered Dr. Giampapa's work and approached Laurie Monroe, president of TMI, and Teresa West, president of Monroe Products®, about creating CDs for baby boomers. Laurie suggested, "Why don't you create something for us?" Patty Ray's collaboration with Monroe Products' audio engineers resulted in *POSITIVELY AGELESS*.

In 2008, I was also counting my birthdays and knew how Hemi-Sync can be a catalyst to help us harness the power of the mind to attain many goals. I decided to create a group to test the effects of *POSITIVELY AGELESS*, which I use almost every day.

Forty people showed up for the project and many more called for information. Spanish is the national language of Puerto Rico. Three-fourths of the group decided not to participate in the project because they feared they would not understand the verbal guidance, even though I translated the first two exercises. English is a compulsory course in Puerto Rican schools, and I have a theory that the language is stored in the subconscious and with proper training it can come out. But I could not persuade them, and the group that met weekly was composed of ten women. Of those who participated, some bought the series but could not come to the meetings because of time pressures. The latter group reported interesting data if they used the exercises regularly. There was no effect, of course, on those who had used the exercises only a few times.

All of us were over forty years old, some were over fifty, and two were over sixty. The study was informal but the results were very intriguing. Two people did not exhibit any changes: one of them did the exercise only on the days we met and the other did them sporadically at home. The remaining eight did the exercises almost every day for three months.

We met once a week for two hours. The first hour was a presentation on factors related to aging: nutrition, exercise, tai chi, free radicals and antioxidants, the effect of Hemi-Sync on

stress, and Dr. Giampapa's findings. During the second hour we shared feedback and discussed the exercises we were doing. We decided that the chronological order was not important and that in the first week everyone would do the affirmations and visualizations on the second CD, *Reconditioning*. The results were amazing! A woman who suffered from fibromyalgia said her pain was gone. She reported she was walking faster and her posture had changed for the better. Six out of eight participants had noticed a change in posture during the first week. In week two we added the first CD, *Rejuvenation*. Then everyone decided they would continue to do *Reconditioning* because it gave a sense of purpose to their day. We stayed on those two exercises for a month.

At the end of the month all of us were happier, more relaxed, and showed improvement in posture. One woman no longer had inflamed gums, one had fewer menopausal hot flashes, and three felt their flexibility had improved. Two thought their hair was prettier, and of course there was the woman whose fibromyalgia pain disappeared.

The affirmations and visualizations of *Reconditioning* were written out to be read daily as we moved to the third exercise, *Lightbody*. I was especially touched by a phrase in the *Lightbody* script: "I am a precious being of light and love." We added the fourth exercise—*Clear and Balanced*—in the sixth week. When the second month ended there was a sense of inner joy and love. Many in the group thought some issues in their lives had been solved and felt emotionally lighter. The results experienced in the first month carried over to the second. Some had personal preferences and did the exercises they liked best, but in general, the group stayed with the two exercises assigned for the month.

In the last month we did *Renew* through H-PLUS®. It was the favorite of three persons in the group; the rest thought the first three *POSITIVELY AGELESS* exercises helped them more. Two of the participants had previous experience with *HUMAN PLUS*.

After almost a year had passed, I phoned to see if the participants were continuing to use the exercises, as I still do. Four of them considered *POSITIVELY AGELESS* to be life transforming and still used it. Two of them had ended relationships that were not for them, one opened a very successful business, and another improved her health and is having a more productive life. The other four employ the exercises periodically and feel better when they listen to them. Two did not continue to use them and therefore had no change.

One theory of aging hypothesizes that it is caused by errors in cell replication. Eight of us are planning to meet with a doctor. We hope that with his help we can create a more vivid visualization of our cells reproducing without error. If most of our cells renew themselves every seven to ten years on average, by understanding the process more completely (Spalding et al. 2005), we can—as Patty Ray Avalon affirms—"change our physical condition as we change our thoughts about ourselves, particularly as we age" (Wade 2005, 2009).

Recently I got a call from someone who purchased the series and while listening to the *Lightbody* CD, felt her guardian angel embracing her. As for myself, I think the *POSITIVELY AGELESS* exercises are well thought out and they help me program myself every morning for a more productive and joyful life.

## References

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